

AAPYAM AYURVEDA FOUNDATION ®

YEAR REPORT 2016 - 17



AAPYAM AYURVEDA FOUNDATION ®

Pragathinagar, NH206, Jog Road, Sagar, Karnataka- 577401

(O) 8431229977, aapyamayurvedafoundation@gmail.com

AAPYAM AYURVEDA FOUNDATION ®

Pragathinagar,NH206,Jog Road, Sagar, Karnataka- 577401

(O) 8431229977, aapyamayurvedafoundation@gmail.com

Chief Patron : Dr. Prasanna N . Rao

Chairman : Dr. Niranjan Hegde

Co- chairmen : Dr. Hemachandra Shetty

Managing Trustee : Dr. Sriharsha K. V

Treasurer : Dr. Ravi K V

Members :

Dr. Pankaj B. Patil

Dr. Shree Patil

Dr. Pradeep E. K

Dr. J. M. Prajwal Kumar

Dr. Sahana N Hegde

Dr. Deepak B. S. R

Dr. Shruthi Rama Sharma

Dr. Poornima A



AAPYAM AYURVEDA FOUNDATION ®

Pragathinagar, NH206, Jog Road, Sagar, Karnataka- 577401

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Current profile of members

Sl No	Name	Qualification	Current Profile
1.	Dr. Niranjana Hegde	MD(Ayu)	Chief Consultant, Aapyam Ayurveda Treatment Centre, Sagar, Shimoga Dist, Karnataka 577401
2.	Dr. Hemachandra Shetty	MS (Ayu)	Chief Consultant, Aapyam Ayurveda Clinic, Madyantar Belthangady, Mangalore 574224
3.	Dr. Sriharsha K V	MD (Ayu)	Lecturer, Dept of Samhitha, Sri Sri Ayurveda, Bangalore
4.	Dr. Ravi K V	MD (Ayu)	Asst Prof, SDM College of Ayurveda, Udupi
5.	Dr. Prajwal Kumar	MD (Ayu)	Chief Consultant, Aapyam Chigateri Clinic, Janakal, Chitradurga District
6.	Dr. Pradeep E. K	MD (Ayu)	Chief Consultant, Aapyam Mudai Clinic, Malpe, Udupi 576102
7	Dr. Sahana N Hegde	MD (Ayu)	Chief Consultant, Aapyam Ayurveda women and child Health Care, Vinu Plaza, Near Marikamba Temple, JC Road Sagara
8.	Dr. Shruthi R Sharma	MS (Ayu)	Alvas Ayurveda, Moodbidri

9.	Dr. Deepak BSR	MD (Ayu)	Chief Consultant, Souparnika 3 rd Main, 3 rd Cross, Basaveshwaranagara Shimoga - 577204
10.	Dr. Pankaj Patil	MD (Ayu)	Chief Consultant, Patil Hospital 2 nd floor butale building Beside Raj Computers, Halyal Circle Athani
11.	Dr. Shree Patil	Ayurvedacharya	Chief Consultant, Patil Hospital 2 nd floor butale building Beside Raj Computers, Halyal Circle Athani
12	Dr. Poornima A	Ayurvedacharya	Chief Consultant, Thunga Clinic, Opposite St.John's PU College, Shankarapura Udupi

ನೀವೂ ನಮ್ಮ ಜೊತೆ ಹೆಜ್ಜೆ ಇಡಿ. . .

ನಮ್ಮ ಸಂಸ್ಥೆಯ ಸಮಾಜಮುಖಿ ಕಾರ್ಯಗಳಿಗೆ ನೀವೂ ಕೈ ಜೋಡಿಸಿ. ಓಗಿಗೆ ನಮ್ಮೊಂದಿಗಿರುವುದು....

- ದಾನಿ ಸೇವೆಗಳಿಗೆ ಸಕ್ರಿಯರಾಗುವುದು.
- ಸಂಸ್ಥೆಯ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಆರ್ಥಿಕ ನೆರವು.
- ಸಂಸ್ಥೆಯ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಸಹಭಾಗಿತ್ವ ವಹಿಸುವುದು, ಇಲ್ಲವೇ ಪ್ರಯೋಜನಕರವಾಗುವುದು.
- ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳ ರಾಜ್ಯ/ರಾಷ್ಟ್ರ/ಅಂತರರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಸಂಯೋಜಕರಾಗಿ, ತಮ, ಮನ, ಧನದ ನೆರವು.
- ಸಂಸ್ಥೆಯ ಮೂಲಕ ಕೈತ್ತವ ಅಗತ್ಯತೆಗಳಿಗೆ ಸಂದಿಸುವ ಅವಕಾಶ ಕಲ್ಪಿಸಿಕೊಡುವುದು.

Join our pace....

You can be a part of the endeavors of our foundation in the following ways

- Become a Donor member.
- Monetary support.
- Organizational association/ sponsorship.
- Instrumental as convener/s for State/
- National/ International level pro-grammes.

ಗಾಂಧಿನಗರ ವೃತ್ತ, ಸ್ಟು ಟಿ.ಹೆಚ್. ರಸ್ತೆ, ಸಾಗರ - ೫೬೬ ೪೦೧
ಹಿವಮೊಗ್ಗ ಜಿಲ್ಲೆ, ಕರ್ನಾಟಕ, ಭಾರತ. ದೂರ ಕರಾಂಕು. - ೨೨೯೯೬೬
ಇ-ಮೇಲ್: aapyamayurvedafoundation@gmail.com
ಜಾಲ ತಾಣ: www.aapyamayurveda.com

Aapyam Ayurveda Foundation ®

Reg No.: 15GR-4-0089-2013-14

Chief Patron

Dr. Prasanna N. Rao

Principal, SDM College of Ayurveda & Hospital, Hassan

Chairman

Dr. Niranjan Hegde

Sagara, Shivamogga. Ph: 94815 92737

Co - Chairman

Dr. Hemachandra Shetty

Madantur, Mangalore. Ph: 96329 54241

Managing Trustee

Dr. Sriharsha K. V

Bengaluru. Ph: 98803 73322

Treasurer

Dr. Ravi Bhat

Andole, Hassan. Ph: 96324 52121

Trustees

Dr. Pankaj B. Patil

Dr. Shree Patil

Athani, Belgaum. Ph: 99162 60282

Dr. Pradeep E. K

Perumde, Katsaragodu Ph: 94489 52900

Dr. J. M. Prajwal Kumar

Hosur, Chitradurga. Ph: 98701 52843

Dr. Sahana Shankari

Sagara, Shivamogga. Ph: 82771 18289

Dr. Deepak B. S. R

Shivamogga. Ph: 94805 44164

Dr. Shruthi Rama. Sharma

Bengaluru. Ph: 98862 18758

Gandhinagar Circle, New BH Road, Sagara - 577 401
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Aapyam

Ayurveda Foundation®



ಆಪ್ಯಂ

ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦)

ಭಿನ್ನ ಭುಗಿಳ ಇಂದ್ರಧನುಸವದು, ಬೈತ್ತಲಿಬಗಿರಿ ಚಾಮರ |
ಉಗುರು ಹಸಿರರ ಪರಿವ ಹೂದಿಗೆ ತೊನೆವ ಭರವಸೆ ಖ್ಯಾಮರ ||
ನೈಜ ಬದುಕರ ವೇದಸಾರವ ಮಿಳಿಸಿ ನುಡಿಸುವ ನೂಪುರ |
ಭಿನ್ನ ಕಂಕಡಿ ಇಂಪು ದನಿಯನು ಸ್ಪೂರಿಸಿ ಜೀಕುವ ಗೋಪುರ ||

AAPYAM AYURVEDA FOUNDATION ® is a pioneering organization of dedicated young minds enduring the task of engendering the authentic principles of Ayurveda for societal welfare. Since, inception on 13th September 2013, it is in vision of gratifying varied facets of Ayurveda to factions of all ages with utmost conscientiousness.

Accomplished/ Intended Programmes :
Aapyam Ayurdhara - Ayurveda awareness programme for general public.

Aapyam Prabodhana - National level Motivational Symposiums for budding Ayurveda Physicians

Aapyam Samvada - A platform to communicate the issues and challenges concerned with Ayurveda fraternity with policy makers.

Aapyam Maanini - Sensitization programmes specially designed for women

Aapyam Mitra - Resolving problems pertaining to teenagers.

ಆಪ್ಯಂ ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦) ಆಯುರ್ವೇದದ ತನ್ನ ಸಿದ್ಧಾಂತಗಳನ್ನು ಸಮಾಜಮುಖಿಯಾಗಿ ರೂಪಿಸುವ ಜಮಾಬಂದಿಯನ್ನು ಹೊತ್ತಿರುವ ಯುವ ಶಕ್ತಿಯ ಸಂಕೇತ. ಸೆಪ್ಟೆಂಬರ್ ೧೩, ೨೦೧೩ರಲ್ಲಿ ಸ್ಥಾಪಿತವಾದ ಪ್ರತಿಷ್ಠಾನವು, ಆಯುರ್ವೇದದ ವಿವಿಧ ಆಯಾಮಗಳನ್ನು ಪ್ರತಿನಿಧಿಸುವ ಬೋಧನಾಪದ್ಧತಿ ಜನಸಾಮಾನ್ಯರಿಗೆ ತಲುಪಿಸಿ, ಸ್ವಲ್ಪ ಸಮಾಜ ನಿರ್ಮಾಣದ ಕೆಲಸು ಕಾಣುತ್ತಿರುವ ವೈದ್ಯಕ ಕಂಡ.

ಸಾರಾಗೋಷ್ಠಿ/ ಉದ್ದೇಶ ಕಾರ್ಯಕ್ರಮಗಳು:

ಆಪ್ಯಂ ಆಯುರ್ಧಾರ - ಜನಸಾಮಾನ್ಯರಿಗೆ ಆಯುರ್ವೇದ ತಿಳುವಳಿಕೆ - ಪ್ರಾತ್ಯಕ್ಷಿಕೆ.

ಆಪ್ಯಂ ಪ್ರಬೋಧನಾ - ಸ್ನಾತಕ ಮತ್ತು ಸ್ನಾತಕೋತ್ತರ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ರಾಷ್ಟ್ರಮಟ್ಟದ ಕಾರ್ಯಾಗಾರ.

ಆಪ್ಯಂ ಸಂವಾದ - ಆಯುರ್ವೈದ್ಯರೊಳಗಿನ ಸಮಸ್ಯೆ, ಸಮಸ್ಯೆಗಳಿಗೆ ಸರಕಾರದೊಂದಿಗೆ ಸಂವಾದ, ಮನವಿಗಳಿಗೆ ವೇದಿಕೆ.

ಆಪ್ಯಂ ಮಾನಿನಿ - ಮಹಿಳೆಯರ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ, ಆಯುರ್ವೇದ ಪರಿಚಾರ.

ಆಪ್ಯಂ ಮಿತ್ರ - ಹದಿವರೆಯದ ವಿದ್ಯಾರ್ಥಿಗಳ ಜೀವನದ ಗೊಂದಲಗಳಿಗೆ ಸ್ನಾತಕೋತ್ತರ ಪರಿಚಾರ.

Aims & Objectives

The foundation caters to the following three sectors

For the Science

- To create appropriate platforms for growth of Ayurveda aiming at its worldwide acceptance.
- To make Ayurveda as an integral part of health care management.
- To standardize the traditional knowledge on scientific parameters.
- To document and publish Ayurvedic literature, manuscripts, journals in a scientific manner.

For the Doctoral Community

- To encourage principle oriented practice in Ayurveda.
- Creating platform for development of clinical skills.
- To establish clinical institutes for self development of Ayurveda graduates.
- To organize and conduct educational and awareness programmes.

For the Public

- Awareness towards application of principles and herbs for better health
- Encourage cultivation of medicinal plants.
- To grant aid in cash or kind for poor needy students.
- To establish, run and manage public utility ventures.

ಧೈಯೋದ್ದೇಶಗಳು

ಪ್ರತಿಷ್ಠಾನವು ತನ್ನ ಕಾರ್ಯತಂತ್ರಗಳನ್ನು ಮೂರು ಸ್ತರಗಳಲ್ಲಿ ನಿರ್ವಹಿಸುತ್ತಿದೆ

ಆಯುರ್ವೇದದ ಕ್ಷೇಮಾಧಿವೃದ್ಧಿಗಾಗಿ

- ಆಯುರ್ವೇದದ ಬೆಳವಣಿಗೆಗೆ ಸೂಕ್ತ ನೆಲೆಗಟ್ಟನ್ನು ರೂಪಿಸುವುದು ಮತ್ತು ಜಾಗತಿಕವಾಗಿ ಸ್ವೀಕೃತಿಗೊಳಿಸುವುದು.
- ಆಯುರ್ವೇದದ ಸಮಗ್ರ ಆರೋಗ್ಯದೃಷ್ಟಿಯ ಅಧಿಭಾಷ್ಯ ಅಂಗವನ್ನಾಗಿಸುವುದು.
- ಪಾರಂಪರಿಕ ವೈದ್ಯ ಪದ್ಧತಿಯ ವೈಜ್ಞಾನಿಕ ಪುನರ್ನಿರೂಪಣೆ.
- ಆಯುರ್ವೇದ ಶಾಸ್ತ್ರ ಸಾಹಿತ್ಯವನ್ನು ದೃಢಪಡಿಸುವ ದಿನಿಯಲ್ಲಿ ಅಪ್ರಕಟಿತ ಆಯುರ್ವೇದ ಸಾಹಿತ್ಯದ ಪುನಶ್ಚೇತನ ಹಾಗೂ ನಿಯತಕಾಲಿಕಗಳ ಪ್ರಕಾಶನ.

ವೈದ್ಯವೃಂದದ ಕ್ಷೇಮಾಧಿವೃದ್ಧಿಗಾಗಿ

- ಸಿದ್ಧಾಂತ ಆಧಾರಿತ ಚಿಕಿತ್ಸೆಯ ಪುನರ್ನಿರೂಪಣೆ ಹಾಗೂ ಅದರ ಅನುಷ್ಠಾನಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ.
- ಚಿಕಿತ್ಸಾ ನೈಪುಣ್ಯತೆಯ ಸಿದ್ಧಿ ಮತ್ತು ಅನುಷ್ಠಾನಕ್ಕೆ ವೇದಿಕೆ ನಿರ್ಮಾಣ.
- ಆಯುರ್ವೇದ ವೈದ್ಯರ ವೃತ್ತಿಪರತೆಗೆ ಪ್ರೋತ್ಸಾಹವಾಗುವ ಸಂಸ್ಥೆಗಳ ಸ್ಥಾಪನೆ.
- ವೈದ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಶೈಕ್ಷಣಿಕ ಮತ್ತು ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳ ಆಯೋಜನೆ.

ಸಾಮಾಜಿಕ ಕ್ಷೇಮಾಧಿವೃದ್ಧಿಗಾಗಿ

- ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಕ್ಕೆ ಆಯುರ್ವೇದ ಸಿದ್ಧಾಂತ ಹಾಗೂ ಗಿಡಮೂಲಿಕೆಗಳ ಉಪಯೋಗದ ಬಗ್ಗೆ ಸೂಕ್ತ ತಿಳುವಳಿಕೆ.
- ಔಷಧೀಯ ಸಸ್ಯಗಳ ಕೃಷಿಗೆ ಪ್ರೋತ್ಸಾಹ.
- ಪ್ರತಿಭಾವಂತ ಬಡವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅಗತ್ಯ ಪ್ರೋತ್ಸಾಹ.
- ಸಾರ್ವಜನಿಕ ಉಪಯೋಗಕ್ಕೆ ಯೋಜನೆಗಳ ಅನುಷ್ಠಾನ ಮತ್ತು ಪಾಲನೆ.

Current Address of the members

SIN o:	Name	Address
1.	Dr. NiranjanaHegde	Aapyam Ayurveda Treatment Centre, Pragathinagar,Sagar, Shimoga Dist, Karnataka 577401
2.	Dr.HemachandraShetty	Durga Krupa House, Ballamanja, Machina Beltangady (Tq) 574224 DK
3.	Dr.SriharshaK V	136, 4 th main 4 th cross, Gaurav Nagar, IP Nagar 7th phase, Bengaluru 560 078
4.	Dr.Ravi K V	Annapoorna, Behind Jagadurga Temple, Balaji layout, Kanarpady Udupi 574118
5.	Dr.Prajwal Kumar	Jaankal, Hosadurga Tq Dist. Chitradurga 577527
6.	Dr.Pradeep E. K	Edakkana House, Post Permude via Mangalpady, Kasaragod Kerala 671324
7	Dr.Sahana N Hegde	Aapyam Ayurveda women and child Health Care, Vinu Plaza, Near Marikamba Temple, JC Road Sagara
8.	Dr. ShruthiR Sharma	#295, “Nanasu”, 9 th main Poornaprajna Layout
9.	Dr. Deepak BSR	#1, “Souparnika” 3 rd Main, 3 rd Cross
10.	Dr. Pankaj Patil	Opp. Sanjay Gandhi English Medium School P.O Athani
11.	Dr. ShreePatil	Opp. Sanjay Gandhi English Medium School P.O Athani
12	Dr. Poornima A	Annapoorna, Behind Jagadurga Temple, Balaji layout, Kanarpady Udupi 574118



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Date : 10/08/2016

Venue : Shivlingappa High School, Sagar

Seminar: Adolescent Problems and its Management for High school Teachers

Time : 2.00pm- 4.30pm

Theme : Educational Psychology

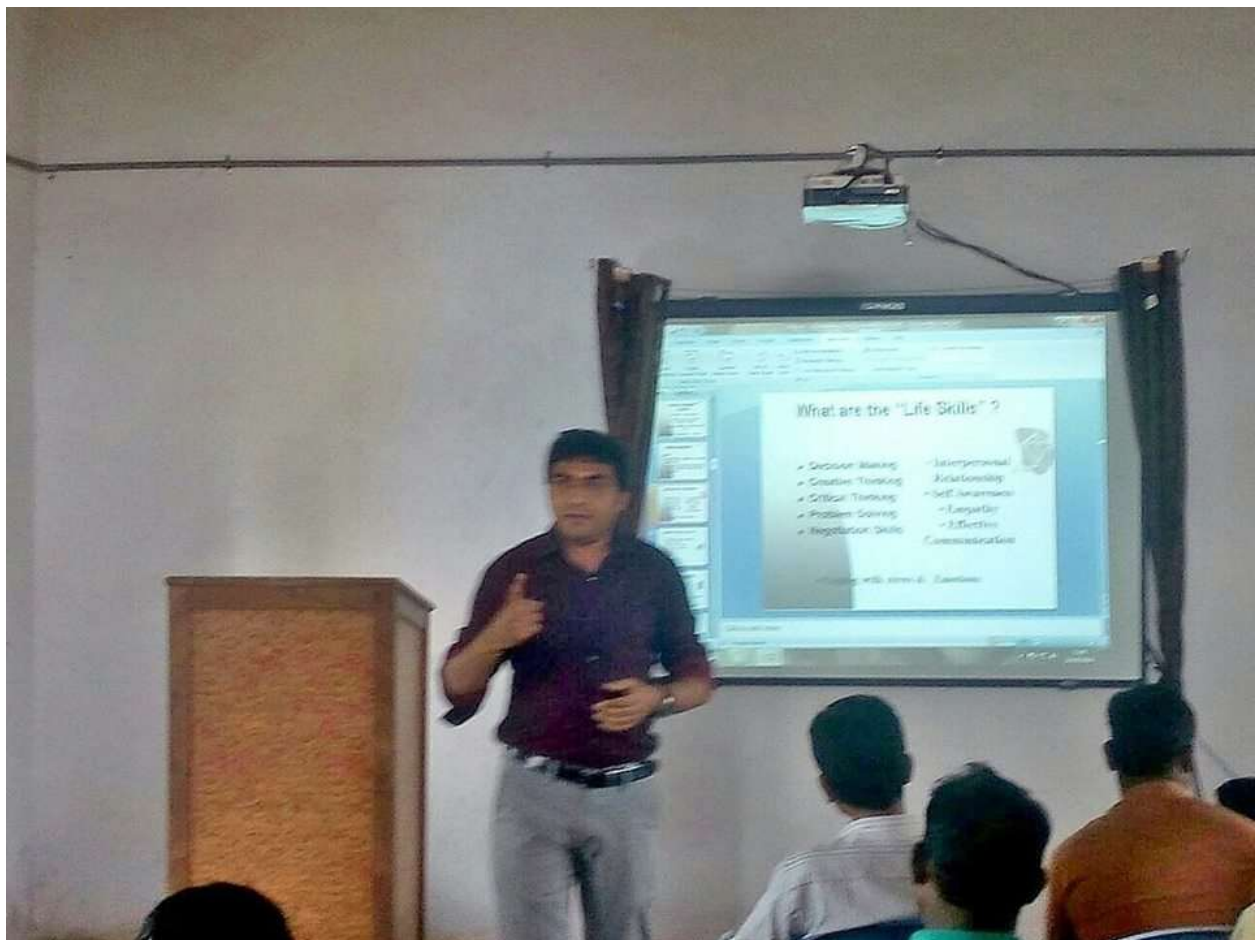
Organizers : Aapyam Ayurveda Hospital, Aapyam Ayurveda Foundation Sagar

Participants :86

Co – ordinated by:

Dr. Niranjana Hegde

Chairmen, AAF® Sagar.







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Date : 18/08/2016

Venue : Govt High School , subhash Nagar, Sagar

Time : 10.30am-1.00pm

Programme :Guest for Student Council Inauguration , Govt High School

Participants :210

Co – ordinated by:

Dr. Niranjan Hegde

Chairmen, AAF® Sagar.









AAPYAM AYURVEDA FOUNDATION ®

Gandhinagar Circle, New BH Road, Sagar, Karnataka- 577401

(O) 08183 – 229977, aapyamayurvedafoundation@gmail.com

Date : 28/10/2016
Venue : Aapyam Ayurveda Treatment Centre, Sagar
Time : 10 am – 1 pm
Theme : Dhanvantari Jayanthi Celebration – Health for All
Organizers : Aapyam Ayurveda Foundation Sagar
Participants : 30

A unique programme conducted by Aapyam Ayurveda Foundation Sagar. In the programme various topics were discussed regarding food..

Speech:

- Discusses about health in Ayurveda
- Maintenance of health through diet
- Incompatible (viruddha) foods

Speaker: Dr. Niranjan Hegde

Co – ordained by:

Dr. Niranjan Hegde

Chairman, AAF® Sagar.







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Date : 07/03/2017

Venue : Indira Gandhi First Grade Womens College, Sagar. Shivamogga Dt

Time : 2.30pm – 5pm

Theme : Guest Lecture on Personality Dovelopement

Organizers : Aapyam Ayurveda Foundation Sagar

Participants : 260

Co – ordinated by:

Dr. Niranjana Hegde

Chairmen, AAF® Sagar.











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Date : 22/001/2017

**Venue : Aapyam Ayurveda Treatment Centre, Pragathinagr, NH206, Jog Road,
Sagar.**

Time : 9am – 5pm

Theme : “Free medical camp”, Multy Speciality

Organizers : Aapyam Ayurveda Foundation. Sagar

Participants : 69

Co – ordained by:

Dr. Niranjan Hegde

Chairman, AAF® Sagar.

Details of the programme

Particulars	Spearhead
Prayer	Students
Welcome Speech	Dr. Niranjan Hegde
Inauguration –Lighting the lamp	Mr Sheshagirri Agriculurist. Camp Patient

Keynote address	Dr. Niranjan Hegde
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SESSIONS

Sl. No	Topic	Resource Person
2.	Concept of Diet in Ayurveda	Dr. Niranjan Hegde

Free Ayurveda Medical Check-up Camp

(Multi Specialty in Ayurveda)

Specialties

Specialty	Consultant
Psychiatry	Dr. Niranjan Hegde
Ano-rectal disorders	Dr. Ashok M L
Orthopedic	Dr. Shriharsha K V
Skin	Dr. Abhigna Deshikachar
Gynecology	Dr. Shruthi R Sharma
Shalakya	Dr. Hemachandra Shetty
	Dr Vivek Solapurkar

Total number of patients treated: 69

























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Date : 22/06/2017
Venue : Aapyam Ayurveda Treatment Centre, Pragathinagar, Sagar
Time : 9am – 5pm
Theme : “Ano Rectal- Camp”,
Organizers : Aapyam Ayurveda Foundation Sagar

Participants : 12 pts

Subjects:

1. Introduction to ayurveda
2. Anorectal Diseases in Ayurveda and its Treatment
3. Lifestlye and its effect on Health
4. Mediacamp

Specialist:

Dr. Ashok M L , Shimoga

Discussion:

- Doubts were cleared about treatment in Ayurveda
- Around 12 patients were treated under the medical camp

Co – ordinated by:

Dr. Niranjan Hegde
Manager, AAF® Sagar.









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Pragathinagar, NH206, Jog Road, Sagar, Karnataka- 577401

(O) 8431229977, aapyamayurvedafoundation@gmail.com

Date : 02/04/2017

Venue : KEB Silver Jubilee Auditorium, Ananda Rao Circle, Bangalore

Time : 10am

Theme : Release of 5th edition of Aapyam Arogya

Organizers : Prakruthi Ayurveda Prathisthana, Mysore and Aapyam Ayurveda Foundation. Sagar

Participants :

Release of fifth edition of Aapyam Arogya magazine on the occasion of the “Yodhanamana.at Bangalore

Aarogya is a quarterly magazine, owned and published by Aapyam Ayurveda Foundation ®, which focuses on various essential informations regarding Ayurveda for public.

Aim of Aarogya is to reach the common man and to explain the benefits of Ayurveda and its different treatment modalities & other realities of Ayurveda

Special Features – Special Articles:

Doubts about diseases – Myth and truth

Food- Ayurveda

Co – ordinated by:

Dr.Niranjan Hegde

Chairman, AAF® Sagar

photos



APYAM AYURVEDA FOUNDATION ®

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Date : 12/03/2017

Venue : Sheela Sampadana Math, Gonibeedu, Shimoga District

Time : 10am – 1 pm

Theme : Manas- Ayurveda-Aahara-

Organizers :Sheela Sampadana Math Gonibeedu and, Aapyam Ayurveda Foundation Sagar

Participants : 365

Guest Speech:

- Pathya in diseases
- Regulation of medicine through ahara

Guest speaker: Dr. Niranjana Hegde

Co – ordinated by:

Dr. Niranjana Hegde.

President. AAF® Sagar.







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Date : 22/07/2017

Venue : Seva Sagara School,Sagar. Shimoga District

Time : 11am – 1 pm

Theme : Manas- Ayurveda-Aahara-

Organizers : Aapyam Ayurveda Foundation Sagar

Participants : 125

Guest Speech:

- Pathya in diseases
- Regulation of medicine through ahara

Guest speaker: Dr. Niranjana Hegde

Co – ordinated by:

Dr. Niranjana Hegde.

President. AAF® Sagar.





Special Programmes from Academic Wing



SANKALPA-2017

[Document subtitle]



17-18 June 2017

Hongirana School of Excellence, Amtekoppa, Sagara

Resource Persons:

Dr Niranjan Hegde

Dr Nikhila B Hiremath

Dr Sriharsha K V

Academic Development Wing,

Aapyam Ayurveda Foundation ®, Sagara

Sankalpa

An innovative orientation programme for comprehensive enhancement of values in education

Motive: React - Communicate - Explore

- ✓ React to Directives,
- ✓ Communicate with teachers & parents and
- ✓ Explore aptitude and skills

Introduction:

Today's education focuses on developing methods which enhance the personality of the learner by setting a mindset which includes goal setting, achieving particular skill set and sense of competitiveness through curriculum oriented approaches.

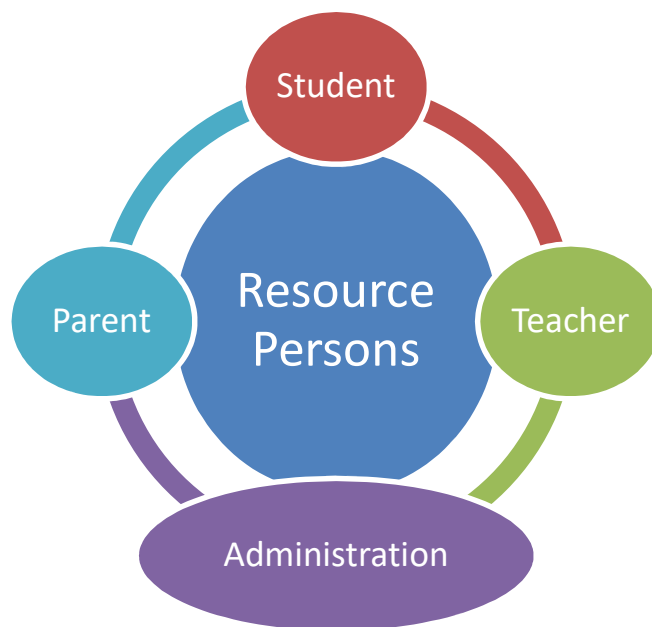
However, it is noticed that these objectives are not justified in reality; the fundament of which is identified as insufficient Student-Teacher-Parent participation. This requires proper understanding of principles of values associated with education methods which can be implemented through appropriate planning and strategizing a scheme for overall development of the Student. This shall prove effective in enhancing the ability of the students in the most ethical way.

Objectives of the programme:

- Overall academic excellence.
- To develop inquisitiveness towards learning
- To address personalized issues in a collaborative approach

- **Develop problem solving skills**
- **Promote value based education**
- **Skills for learning**
- **Skills for study**

Structure:



Domains:

1. *Student –Teacher:*

- Teaching – learning methods
- Ambitions
- Reality

2. *Student – Parent:*

- Performance
- Values
- Expectations

3. *Parent – Administration:*

- Expectations
- Reality

4. *Administration – Teachers:*

- Administrative challenges
- Teacher response –stimuli

Domain 1:

Student - Teacher

Student	Teacher
➤ Focus	➤ Teaching-learning methods <ul style="list-style-type: none">- Cognitive- Psychomotor- Affective
➤ Learning methods	➤ Teaching-learning media
➤ One to one psychometric analysis	➤ Interaction
➤ Value development	
➤ Value addition	

Domain 2:

Student - Parents

Student	Parents
➤ Understanding expectations	➤ Understanding the capability
➤ Respecting values	➤ Identify traits
➤ Balancing Academic and domestic focuses	➤ Broadening the vision towards holistic development

Domain 3:**Parents- Administration**

Parent	Administration
➤ Understanding Problems and Solutions	➤ Developing a congenial environment
➤ Consistent feedback and reporting	➤ Welcoming attitude towards parents
➤ Collaborative participation	➤ Involvement
➤ Reassurance	➤ Commitment to communicate

Domain 4:**Teacher - Administration**

Teacher	Administration
➤ Commitment	➤ Ensure availability of Resources
➤ Contented attitude	➤ Adequate guidance and direction
➤ Fulfilling predetermined objectives	➤ Feedback and Support
➤ Upholding the principles of the institution	➤ Appreciation and awarding
➤ Feedback and reporting	➤ Involvement of teachers in solving administrative issues

Strategy used for effective implementation of comprehensive orientation:

1. Pre-test
2. Individual Interaction
3. Introduction to physique- Psyche
4. Feedback

1. Pre-test -

A printed Questionnaire (in Kannada Language) was given to all the students participating in the orientation programme. This included assessment under three important domains Viz.,

Cognitive domain under which Memory, Understanding, Application, Analysis, Evaluation and Creativity were assessed.

Psychomotor Domain under which Imitation, Positive Manipulation, Precision, Articulation and Naturalization were assessed.

Affective domain in which included assessment of Receiving information, Responding to situations, Valuing, Organization and Characterization.

The questionnaire also included aspects of Mental Status examinations including SWOT analysis and the pupils' approach towards Emotional perspective, Academic perspective, School environment, Interaction in society, Futuristic goal setting and Life skills.

ಆಪ್ಯಂ ಆಯುರ್ವೇದ, ಸಾಗರ ಮತ್ತು ಹೊಂಗಿರಣ ಶಾಲೆ, ಅಮಟೇಕೊಪ್ಪ ಸಾಗರ

ಸಾಧನಮ್ / ಸಂಕಲ್ಪ

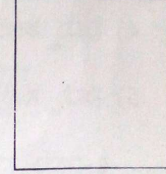
ಎರಡು ದಿನಗಳ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ (ಶೈಕ್ಷಣಿಕ) ಕಾರ್ಯಾಗಾರ

ಹೆಸರು :

ವಯಸ್ಸು :

ವಿಳಾಸ :

ಲಿಂಗ :



ಇ-ಮೇಲ್ :

ಮೊಬೈಲ್ ನಂ. :

ತಂದೆ :

ಉದ್ಯೋಗ :

ತಾಯಿ :

ಉದ್ಯೋಗ :

7ನೇ ಮತ್ತು 8ನೇ ತರಗತಿಯಲ್ಲಿನ ನಿಮ್ಮ ಫಲಿತಾಂಶ

ಒಂದು ಪದದ ಉತ್ತರ (One word answer)

- 1) ನಿಮ್ಮ ಕಲ್ಪನೆಯಲ್ಲಿ ನೀವು _____
- 2) ನಿಮ್ಮ ತಾಯಿಯನ್ನು ಒಂದು ಪದದಲ್ಲಿ ವಿವರಿಸುವುದಾದರೆ _____
- 3) ನಿಮ್ಮ ತಂದೆಯನ್ನು ಒಂದು ಪದದಲ್ಲಿ ವಿವರಿಸುವುದಾದರೆ _____
- 4) ನಿಮ್ಮ ಶಾಲೆ _____
- 5) ನಿಮ್ಮ ನೆಚ್ಚಿನ ಶಿಕ್ಷಕರನ್ನು ಒಂದು ಪದದಲ್ಲಿ ವಿವರಿಸುವುದಾದರೆ _____

ಒಂದು ವಾಕ್ಯದ ಉತ್ತರ

- 1) ನಿಮಗನಿಸಿದ ರೀತಿಯಲ್ಲಿ ನಿಮ್ಮ ನೆನಪಿನ ಶಕ್ತಿ ?
- 2) ನಾಯಕತ್ವದ ವಿಚಾರದಲ್ಲಿ (Leadership Quality) ನಿಮ್ಮ ಮಾತು/ ಗುಣ ಎಂದರೇನು?
- 3) ಬುದ್ಧಿವಂತಿಕೆ ಎಂದರೇನು?
- 4) ನಿಮ್ಮ ವಿಚಾರದಲ್ಲಿ / ನಿಮ್ಮ ಅನುಭವ / ಜ್ಞಾನಕ್ಕೆ ತಕ್ಕಂತೆ... ಹೀಗೆಂದರೇನು?
- 5) ಪ್ರೀತಿ ?
- 6) ನಂಬಿಕೆ ?
- 7) ವಿಶ್ವಾಸ ?
- 8) ತಾಳ್ಮೆ?
- 10) ಕರುಣೆ ?

11) ಆರೋಗ್ಯ ?

12) ಸುಖ?

ಎರಡು ವಾಕ್ಯದ ಉತ್ತರ

1) ನಿಮ್ಮ ಸುತ್ತಮುತ್ತಲಿನ ಪರಿಸರವನ್ನು ಯಾವ ರೀತಿಯಲ್ಲಿ ನೋಡಲು ಬಯಸುತ್ತೀರಿ?

2) ತಂದೆ ತಾಯಿಯಿಂದ ಯಾವರೀತಿಯ ಪ್ರೋತ್ಸಾಹವನ್ನು ನಿರೀಕ್ಷಿಸುತ್ತೀರಿ?

3) ನಿಮ್ಮ ಕಲ್ಪನೆಯಲ್ಲಿ ಒಳ್ಳೆಯ ಟೀಚರ್/ ಶಿಕ್ಷಕ ಹೇಗಿರಬೇಕು?

4) ನೀವು ಭವಿಷ್ಯದಲ್ಲಿ ಏನಾಗಲು ಬಯಸುತ್ತೀರ ? ಮತ್ತು ಏಕೆ?

5) ಮಾನವೀಯತೆ ಎಂದರೇನು? ಎರಡು ವಾಕ್ಯದಲ್ಲಿ ವಿವರಿಸಬಹುದಾ?

6) ವ್ಯಕ್ತಿತ್ವ ನಿರ್ಮಾಣ ಎಂದರೇನು? (Personality development) ನಿಮ್ಮ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಯಾವ ರೀತಿಯಲ್ಲಿ ನೋಡಲು ಬಯಸುತ್ತೀರಾ?

7) ಹಣ - ದುಡ್ಡು - ದುಡಿಮೆ ಮತ್ತು ಖರ್ಚಿನ ಬಗ್ಗೆ ನಿಮ್ಮ ಕಲ್ಪನೆ---?

8) ನಿಮ್ಮ ಆತ್ಮೀಯ ಗೆಳೆಯರು ಹೇಗಿರಬೇಕು?

9) ನಮ್ಮ ಅಭಿವೃದ್ಧಿಗೆ ಶತ್ರು ಅಥವಾ ವೈರಿ ಯಾವುದು ?

10) ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ವಿದ್ಯಾಭ್ಯಾಸದಷ್ಟೇ ಮುಖ್ಯವಾದ ಇತರ ವಿಷಯಗಳು ನಿಮ್ಮ ಮನಸ್ಸಿನಂತೆ ?

ನಿಮ್ಮ ಬಗ್ಗೆ..... ನಿಮ್ಮ ಜೀವನದ ಬಗ್ಗೆ ನಿಮ್ಮ ಆತಂಕಗಳು ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ ಇನ್ನೇನಾದರು
ತಿಳಿಸುವುದಿದ್ದರೆ..... ಬರೆಯಬಹುದು

ಪ್ರಸ್ತುತ/ ಈಗ ನೀವು ಹೇಗಿದ್ದೀರಾ?

SWOT Analysis

<p>Strength ಸಾಮರ್ಥ್ಯಗಳು</p>	<p>Weakness ದೌರ್ಬಲ್ಯಗಳು</p>
<p>Opprtunity ಅವಕಾಶಗಳು</p>	<p>Threats ತೊಡಕುಗಳು</p>

2. Individual Interaction-

One to one individual interaction session was conducted wherein an opportunity is provided for the students to express their personal problems with the Resource person. The resource person first sets in a comfortable environment for the student to express, quickly builds a good rapport and starts interrogating about the interests and ambitions of the student. This will open up a space for the student to express his/her difficulties in academics, depression, eating disorders, adjustability problems in the residential hostel, domestic issues at home, any incident of humiliation in the school environment, aspects of love, respect, care etc,. With this information, the resource person who is a Medical doctor and a psychotherapist will try to impress upon the student the need for self-improvement, overcoming problems from within through self-confidence.

This will boost the morale of the student for having an understanding of overall development including academics, sports, cultural, artistic, innovation, creativity, general knowledge etc,.



3. Interaction with teachers-

An interaction session was conducted with the teachers for addressing problems and bridge the gap between expectation of teachers and student's capability. Student's expectations and opinions were conveyed to the teachers during the session through which each perspective was analyzed for its actualization, modification and steps to be taken for its improvised implementation. The session was an eye opener for understanding the problems of the teachers with students and make a substantial protocol for handling specific issues.



4. Introduction to physique- Psyche-

Parents and teachers were addressed with the actual understanding of the Physique and Psyche of their children.

Physique includes the aspects like knowing their child's physical attributes such as general health, adolescent development, immunity, menstrual issues in female students etc.,

An introduction about Psyche included the need for understanding mental attributes such as attitude towards life and people, behavioral changes during adolescence, hormonal changes affecting behavior, conflict of interests etc.,

Parents put forth their views and concerns in the session which was answered by the panel of Resource persons.



5. Developing skills for Learning and Study-

A unique session on developing skills in learning and study was a highlight for the students only. The students were provided with a brain storming session where in their complete involvement was ensured. Practical tips for preparation of learning, seeking knowledge and facing examinations were introduced which were welcomed by the students. The session was an attempt to boost the confidence of the students to dream about their ambitions and take necessary practical steps to make their dreams come true.



6. Value based principles for effective implementation –

The need for value based training was introduced to the parents where in the benefits of the following value principles were addressed.

- **Care and compassion-** Care for self and others
- **Doing your best-**Try hard, pursue excellence
- **Freedom-**Enjoy the rights and privileges of citizenship
- **Honesty and trustworthiness-** Being honest, sincere and seek the truth
- **Integrity-**Moral and ethical conduct
- **Respect-**Treat others with consideration and regard
- **Responsibility-** Being accountable for one's own actions
- **Understanding, tolerance and inclusion-** Being aware of others and their cultures, accept diversity

Importance and practical implementation such as Value Charts, Value Record Copy, Habits Box, Monthly Value-based theme etc., were introduced.



7. Gamification of Concepts

The concepts discussed earlier were to be imbibed in the minds of the students. To ensure learning, gamification was used to bring out the actual nature and behavior of the students during situations.

Game 1-

Poster Making- Certain real-life situations were given to the students were in the students in small teams had to prepare a poster about the situation/ place including all aspects which are to be necessarily be present in that situation.

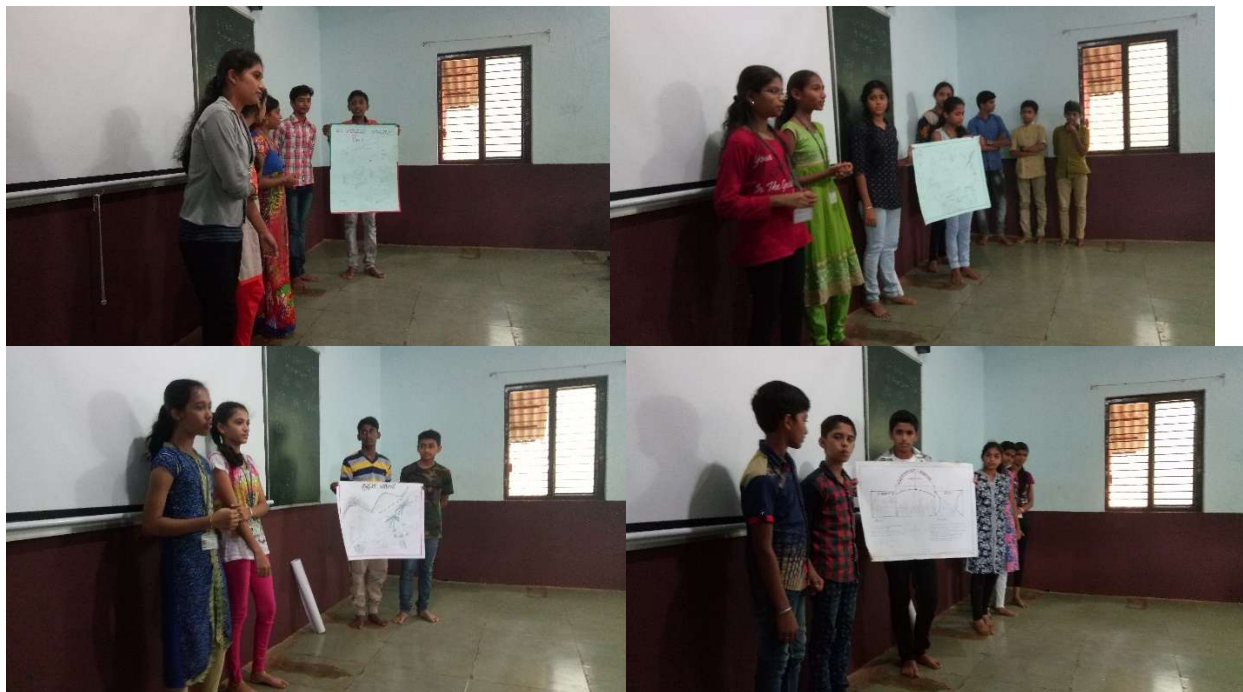
Outcome: To know about the student's skills in observation, memory reproducibility, overall perspective about the situation, general knowledge, creativity, representation, planning etc.



Game 2-

Impromptu skit - Real life situations were provided as themes for each team comprising of not more than 10 students and a preparation time of 3 minutes was provided. The students enacted the situation using their talents within the stipulated time in a creative way.

Outcome: Team building skills, leadership skills, active participation, readiness, preparedness for spontaneous situations, creativity,inspite of time limitation, time management, planning, effective execution etc., were observed and critically commented by the resource persons.



8. Feedback – Students- Teachers- Parents

Oral feedback was collected form the participating Students, teachers and parents after the sessions.

The participants (Students, Teachers and Parents) appreciated the overall conduction of the orientation programme and expressed their gratitude for the resource persons.



Team of resource Persons with Students and teachers of Hongirana



Statistical Analysis of 90 Students (Class 9) at Hongirana School of Excellence

Learning ability

Cognitive domain

Domain Character	Grade 1	Grade 2	Grade 3	Grade 4
Memory	27	27	27	9
Understanding	18	45	18	9
Application	27	27	18	18
Analysis	27	9	45	9
Evaluation	27	18	36	9
Creativity	9	45	27	18

Psychomotor Domain

Domain Character	Grade 1	Grade 2	Grade 3	Grade 4
Imitation	9	27	36	9
Positive Manipulation	18	18	45	9
Precision	9	36	36	9
Articulation	9	27	36	18
Naturalization	9	27	27	27

Affective domain

Domain Character	Grade 1	Grade 2	Grade 3	Grade 4
Receiving information	9	27	36	18
Responding to situation	18	9	45	18
Valuing	9	9	36	36
Organization	18	27	27	18
Characterization	9	27	45	9

Mental status examination (including SWOT analysis):

Perspectives	No of students showing ability	No of students not showing ability
Emotional perspective	63	27
Academic perspective	72	18
School environment	72	9
Interaction in society	63	27
Futuristic goal setting	54	36
Life skills	63	27



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Date : 22/07/2017

Venue : Bala Bharathi School, Samanvaya, Bandagadde, Sagar Tq Shimoga Dt

Time : 9am--11am

Guest speaker: Dr. Nirnanjan Hegde

Sankalpa

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- Skills for learning
- Skills for study

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